

**ABSTRACT**

**THE EFFECTIVENESS OF BACK EXERCISE IN DECLINE INCIDENCE  
OF LOW BACK PAIN EMERGENCY DEPARTMENT NURSES IN  
RUMAH SAKIT UMUM HAJI SURABAYA**

*Quasy Experimental Study*

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Low Back Pain (LBP) most widely felt by the ED nurses in the hospital can result in decreased work productivity. One way of addressing a complaint of Low Back Pain is by applying a Back Exercise that will stimulate mechanoreceptor or substance that may inhibit the stimulation of the pain. This research used the quasy experimental design with pre-post one control group design a total sample of 12 ED nurses Hajj General Hospital Surabaya are taken based on the technique of purposive sampling and divided into two groups with a total of 6 respondents group the treatment and comparison groups respondent 6. Instrument research using questionnaires and observation sheets then analyzed using the Wilcoxon Signed Rank Test and Mann Whitney u Test with  $\alpha \leq 0.05$  significant level. The results of a Wilcoxon Signed Rank Test on frequency of pain treatment group  $p = 0.025$  and Mann Whitney U Test results against a decline in the frequency of pain at the moment the post test  $p = 0.014$  which means there is a significant change before and after the intervention. It can be concluded that a back exercise more effectively lowers the frequency of perceived pain nurse IGD Hajj General Hospital Surabaya.

**Keywords:** *Low Back Pain, Back Exercise*